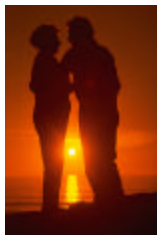


Arizona's Mental Health SERVICES FOR OLDER ADULTS

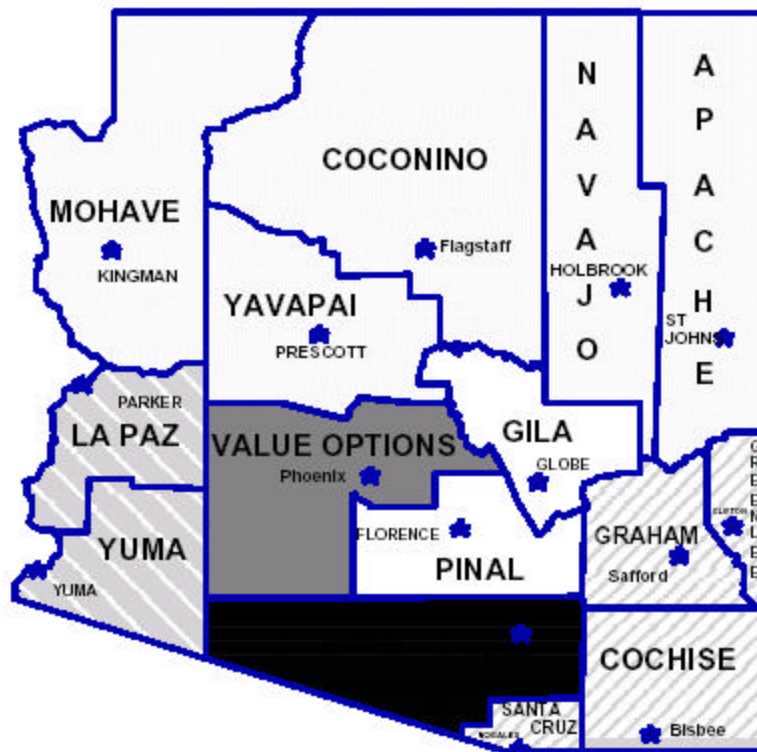


2003

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ARIZONA DEPARTMENT OF HEALTH SERVICES
DIVISION OF BEHAVIORAL HEALTH SERVICES
REGIONAL BEHAVIORAL HEALTH AUTHORITIES
Geographic Service Areas



REGIONAL BEHAVIORAL HEALTH AUTHORITY (RBHA)	Map Key
NARBHA - 01	
EXCEL (PHE-YUMA) - 02	
CPSA - 03	
PGEHA - 04	
CPSA - 05	
VALUE OPTIONS - 06	

FORWARD

The Arizona Behavioral Health and Aging Coalition's Outreach/Education sub-committee is pleased to present to the citizens of Arizona an updated statewide directory of behavioral health services for older adults. This revised directory is a collaborative effort between several agencies and the listing of these names is included. It is the hope of the Outreach/Education Committee that both professionals and laypersons can utilize this directory as an easy guide to behavioral health services for their clients, loved ones, or themselves.

Inclusion in this directory is not an endorsement or validation of quality of services on the part of the agencies that updated this directory. To the best of our knowledge, the agencies in this directory have staff that are capable of providing services to all age groups. However, many do not have specialists in aging on their staff, nor do they have age-specific services for older adults. We have made every attempt to make this directory as complete as possible.

It is the intent of this directory to enhance access to behavioral health care services for older adults. Please join us in our concerted efforts to get the word out about the resources included in this directory.

And finally, a special thank you to the members who originally developed this directory. Without their hard work, this update would not have been as possible.

If your information is not correct or needs updating, please call Sharon Tolman at the Department of Health Services/Division of Behavioral Health at (602) 364-4206 or e-mail at stolman@hs.state.az.us.

ARIZONA BEHAVIORAL HEALTH AND AGING COALITION
Community Outreach/Education Committee

NAME	ADDRESS	PHONE/FAX/E-MAIL
Linda Yarrington	PGBHA 2066 West Apache Trail #116 Apache Junction, AZ 85220	(480) 982-1317 Phone (480) 982-7320 Fax lyarrington@pgbha.org
Karla Averill	ADHS/DBHS 2122 East Highland Ave #100 Phoenix, AZ 85016	(602) 553-9010 Phone (602) 553-9042 Fax kaveril@hs.state.az.us
Heidi Haeder-Heild	PGBHA 2066 West Apache Trail #116 Apache Junction, AZ 85220	(480) 982-1317 Phone (480) 982-7320 Fax hheild@pgbha.org
Jen Leitch	DES Aging and Adult Administration 1789 W Jefferson Phoenix, AZ 85007	(602) 364-1942 (602) 542-6575 jleitch@mail.de.state.az.us
Julie Clark	Mental Health Association/AZ 6411 East Thomas Rd. Phoenix, AZ 85251	(480) 944-4407 Phone (480) 994-4744 Fax jclark@mhaarizona.org
Sharon Tolman	ADHS/DBHS 2122 East Highland Ave #100 Phoenix, AZ 85016	(602) 381-8995 Phone (602) 553-9042 Fax stolman@hs.state.az.us

Frequently Requested Numbers

A

Advocates for the Disabled(602) 212-2600
Adult Protective Services (602) 255-0996
Statewide Referral and Reporting 1-(877) 767-2385
Alcoholics Anonymous(602) 264-1341
Alcoholics Anonymous (Prescott) (928) 445-8691

Alliance for the Mentally Ill

AZ Alliance for the Mentally Ill(602) 244-8166
East Valley AMI (480) 641-3629
Southern AMI (520) 622-5582
Sun City AMI (623) 584-7655
National AMI1-(800) 950-6264
Senior Help Line - 24 hours/7 days per week(602) 264-4357

Area Agency on Aging

Region I Maricopa County (602) 264-2255
Region II Pima County (520) 790-7262
Region III Apache, Coconino, Navajo and Yavapai Counties (928) 213-5226
Region IV La Paz, Mohave and Yuma Counties (928) 782-1886
Region V Gila and Pinal Counties (520) 836-2758
Region VI Cochise, Graham, Greenlee and Santa Cruz Counties .. (520) 432-5301
Region VII Navajo Nation (928) 871-6868
Region VIII Inter Tribal Council (602) 258-4822
AZ Behavioral Health Services (BHS) (602) 381-8999
AZ Center for Disability Law (602) 274-6287

AZ Department of Health Services (ADHS)

Behavioral Health Licensure(602) 674-4300
Behavioral Health Bureau for Adult Services (602) 364-4602
1-(800) 867-5808
Behavioral Health Office of Human Rights(602) 364-4574
1-(800) 421-2124
Department of Health - Licensure(602) 674-4200
A.H.C.C.C.S. (AZ Health Care Cost Containment System) (602) 417-4000
AZ Psychiatric Society Referral Service (602) 808-9558
AZ Psychological Association (480) 675-9477
AZ State Hospital(602) 244-1331

C

Center Against Sexual Abuse (602) 254-6400

Certification/Licensure of Professionals

Behavioral Health Board of Examiners (602) 542-1882
Counseling (602) 542-1889
Marriage and Family/Social Work (602) 542-1889
Substance Abuse (602) 542-1889
Medical Examiners; Board of (480) 657-7703
Osteopathic Board of Medical Examiners (602) 551-2790
Psychologist's Board of Examiners (602) 542-1895

Community Information & Referral	(602) 263-8856
Court Monitor's Office (SMI)	(602) 220-0276
Crisis Services	
ValueOptions (Maricopa County)	(620) 914-5800
EMPACT/Suicide Prevention	(480) 784-1500
Terros Crisis Services	(602) 222-9444
CPSA (Community Partnership for Southern Arizona)	
Palo Verde Mental Health Services	(520) 795-4357
NARBHA (Northern Arizona Regional Behavioral Health Authority)	
Mohave Mental Health Clinic (Havasupai, Kingman, etc.)	(928) 855-3432
Lake Havasu Crisis	(928) 855-8877
PGBHA (Pinal Gila Behavioral Health Association (RBHA))	(520) 836-2880
The EXCEL Group (Yuma RBHA)	
Suicide Hotline	(480) 784-1500
Sexual Assault Hotline	(480) 736-4949

D

Depressive/Manic Depressive Association (National)	1-(800) 826-3632
Depressive & Manic Depressive Support Groups	(480) 994-4407
Disabilities, Arizona Office for Americans with Disabilities	(602) 542-6276
Domestic Violence Hotline	1-(800) 786-7380

H

Homeless Services

Emergency Shelter Hotline	(602) 263-8900
	1-(800) 799-7739

M

Mental Health Association

National Mental Health Association	1-(800) 969-6642
Mental Health Association of Arizona (Arizona Headquarters)	(480) 994-4407
Mental Health Association of Arizona (Tucson Office)	(520) 882-4806

N

National Institute for Mental Health	(301) 443-4513
Depression/Awareness Recognition Treatment (D/ART)	(301) 443-3720
Panic Disorder Education Network	1-(800) 64-PANIC

R

REGIONAL BEHAVIORAL HEALTH AUTHORITIES (RBHA's)

Maricopa County - ValueOptions	(602) 914-5800
	1-(800) 564-5465

Coconino, Mohave, Yavapai, Navajo, and Apache Counties - (NARBHA)

Northern AZ Regional Behavioral Health Authority	(928) 774-7128
	1-(800) 640-2123

Pinal/Gila Counties - (PGBHA)

Pinal/Gila Behavioral Health Association (480) 982-1317
1-(800) 982-1317

La Paz/Yuma Counties

The EXCEL Group (928) 329-8995
1-(800) 880-8901

Pima, Cochise, Graham, Greenlee, and Santa Cruz Counties - (CPSA)

Community Partnership of Southern AZ (520) 325-4268
1-(800) 771-9889

SEABHS (Southeast Arizona Behavioral Health Services)

Benson (520) 586-7080
Safford (520) 428-4550
Sierra Vista (520) 458-3932

Tribal Regional Behavioral Health Authorities (TRBHAS)

Navajo Department of Behavioral Health Services,
Window Rock, AZ (928) 871-6257

Hu Hu Kam Memorial Hospital Behavioral Health Clinic
Sacaton, AZ. (602) 528-1200

Pascua Yaqui Tribe of Arizona Behavioral Health Services
Tucson, AZ (520) 883-1057

Colorado River Indian Tribes Dept. of Health & Social Services
Parker, AZ. (928) 669-9211 x 250

Tohono O'Odham Nation Health Dept. Psychological Services
Sells, AZ. (520) 383-6000 x 400

Senior HELP LINE (24 hours 7 days per week) (602) 264-HELP (4357)

V**Veterans Affairs Medical Center**

Phoenix (602) 277-5551
Prescott (928) 445-4860
Tucson (520) 792-1450

GEOGRAPHICAL INDEX

All sections are listed by the RBHA and by cities in alphabetic order

Maricopa County - ValueOptions

Mesa, Phoenix, Scottsdale, Sun City, Sun City West, Tempe
Adult Day Health Care
Psychiatric Hospitals - Maricopa County

Pima, Cochise, Graham, Greenlee, and Santa Cruz Counties - Community Partnership For Southern Arizona (CPSA)

Benson, Bisbee Douglas, Green Valley, Marana, Morenci, Nogales, Oracle, Safford, Sierra Vista, Tucson, Wilcox
Southern Arizona Psychiatric Hospitals

Coconino, Mohave, Yavapai, Navajo, and Apache Counties - Northern Arizona Regional Behavioral Health Authority (NARBHA)

Bullhead City, Camp Verde, Chinle, Cottonwood, Flagstaff, Fredonia, Holbrook, Kayenta, Kingman, Lake Havasu City, Page, Prescott, Sedona, Show Low, Springerville, St. Johns, Tuba City, Whiteriver, Williams/Grand Canyon, Window Rock, Winslow
Northern Arizona Psychiatric Hospitals

Pinal and Gila Counties - Pinal Gila Behavioral Health Association (PGBHA)

Apache Junction, Casa Grande, Coolidge, Eloy, Globe, Kearny, Payson, San Carlos
PGBHA Psychiatric Hospitals/ (PUFS)

Yuma and La Paz Counties - The EXCEL Group

Parker, Yuma
EXCEL Psychiatric Hospitals

MARICOPA COUNTY ValueOptions

Glendale

EMPACT/Suicide Prevention Center

4425 W. Olive, Suite 194
Glendale, AZ 85302

Phone: (480) 784-1514

Fax: (480) 967-3528

Services: Hospitalization assessments. Counseling (in-home counseling for families only), prevention services, medication, crisis hotline, mobile crisis services.

Contact: Intake

Languages: English, Spanish

Other Locations: Tempe

Fees: Fee for service, Sliding fee, Insurance, Title XIX

Mesa

Behavioral Health Institute

Banner Health Care Network
500 W. 10th Place, Suite 141
Mesa, AZ 85201

Phone: (480) 461-2175

Fax: (480) 461-2178

Services: Outpatient counseling and diagnosis. Alzheimer support group at Valley Lutheran Hospital.

Special Criteria: All age groups. If persons have Medicare, they prefer to have supplemental insurance also.

Contact: Psychologist

Languages: English, Spanish

Fees: Medicare, Insurance

Phoenix

ValueOptions Maricopa County (RBHA)*

Four Gateway Plaza
444 North 44th St., Suite 400
Phoenix, AZ 85008

Administration Phone: (602) 914-5800

Crisis Services: 800-564-5465

Fax: (602) 640-914-5805

Crisis Service (602) 222-

9444 **Services:** Evaluation, mental and behavioral health services for Medically Indigent, Medically Needy (MIMN), and medication. Services available addressing the special needs of seniors within the behavioral health system.

Contact: Intake

Languages: English, Spanish

Locations: Maricopa County

Fees: Sliding fee, Insurance, Title XIX

Alzheimer=s Association

1028 E. McDowell Road
Phoenix, AZ 85006

Phone: (602) 528-0545
Fax: (602) 528-0546
Statewide: (800) 392-0022

Services: Information about the disease, help with managing difficult behaviors, assistance in identifying community resources, support groups, referral to affordable services. Call the toll-free number for updated meeting information.

Fees: Donations Accepted

Area Agency on Aging - Region I

1366 East Thomas Road, Suite 108
Phoenix, AZ 85014

Phone: (602) 264-2255
Fax: (602) 230-9132
I&R Number:(602) 264-

4357

Services: Plan and provide services to the senior population in Maricopa County. Advocacy, case management and adult day care services available. ElderVention Prevention Program provides education for seniors at high risk of a behavioral health issue. In-home prevention education offered. Late life Domestic Violence support groups also available, along with emergency housing for victims of late life domestic violence or elder abuse

Specific Criteria: West Maricopa County only and 55 years or older for ElderVention program, 50 years or older for domestic violence or elder abuse programs.

Languages: English, Spanish

Contact: Program Coordinator

Fees: Donations encouraged

Area Agency on Aging - Region VIII

Inter-Tribal Council of Arizona
2214 N. Central Ave., #100
Phoenix, AZ 85004

Phone: (602) 258-4822
Fax: (602) 258-4825

Services: Plan and provide services to the senior population in the inter-tribal council of 19 tribes.

Special Criteria: 60 years or older

Languages: English, Native American by tribal affiliation

Fees: Donations encouraged

Arizona Center for Mental Health

5070 North 40th Street, Suite 200
Phoenix, AZ 85018

Phone: (602) 954-6700
Fax: (602) 954-0190

Services: Initial evaluation, individual therapy, psychological and neuropsychological testing, group therapy, psychiatric evaluations and medication reviews, psycho education, care giver support and treatment, psychological treatment and emotional support for chronic pain, chronic illness and terminal illness.

Contact: Intake

Languages: English

Other Locations: Valley-wide locations available upon request

Fees: Medicare Provider, Supplemental Insurance, Managed Care and Private Pay

Chrysalis Domestic Violence Shelter* (Administration address)

2345 East Thomas, Suite 470
Phoenix, AZ 85016

Phone: (602) 994-4999

Fax: (602) 995-0165

Services: Emergency Housing for victims of domestic violence, and outpatient counseling.

Contact: Intake

Languages: English, Spanish

Fees: Sliding fee, Title XIX

Foundation for Senior Living - Pathways

1201 E. Thomas Road
Phoenix, AZ 85014

Phone: (602) 285-1800

Fax: (602) 285-1838

Services: Elder-care (broad base of services) including care assessment, care management, counseling. In-home behavioral health counseling. Mental health support groups. Services provided across the valley. See section on Adult Day Health Care for listing of those services.

Special Criteria: Age 60 and over

Contact: Intake

Languages: English, Spanish

Fees: Medicare, Sliding Fee

Jewish Family and Children's Services

2033 N. 7th St.
Phoenix, AZ 85004

Phone: (602) 257-1904

Fax: (602) 849-9068

Services: Elder Appreciation Program (EAP). Prevention project for behavioral health issues offered at senior centers in the central and west valley. Case management and counseling in the home are also available for the west valley.

Special Criteria: 60 years and older

Contact: Director of Geriatric Services

Languages: English, Spanish

Fees: Medicare, Sliding fee, Donations

Samaritan Geriatrics Center

Edwards Medical Plaza
1300 N. 12th Street, Suite 610
Phoenix, AZ 85006

Phone: (602) 239-5277

Fax: (602) 239-4233

Services: Evaluates and provides primary medical and psychological care for older adults 65 years and over. Consists of both in-home and in-office evaluations. Program has geriatric psychiatrist, neuropsychologist and counseling psychologist available.

Contact: Intake

Languages: English

Fees: Medicare, Supplemental Insurance

Senior Horizons

3929 E. Bell Road
Phoenix, AZ 85032

Phone: (602) 404-5845

Fax: (602) 923-5844

Services: Substance Abuse and Psychiatric program for adults 65 and older. Group and individual counseling available along with medication monitoring and mental health support groups. Free in-home assessments conducted throughout valley.

Special Criteria: 55 years or older, psychiatric diagnosis

Contact: Intake Coordinator

Languages: English, Spanish

Fees: Medicare Part B, Secondary Insurance

St. Luke's Medical Center-Generations

1800 E. Van Buren, 4th Floor
Phoenix, AZ 85006

Phone: (602) 251-8268

Fax: (602) 251-8269

Services: Counseling, reminiscence therapy designed for seniors, support groups on loss. Follow up services for one year in the person's home.

Special Criteria: 65 years and older, 55 and older if in need of inpatient psychiatric

Contact: Program Director or Nurse Coordinator

Languages: English, Spanish

Fees: Medicare insurance Part B, Secondary Insurance

Scottsdale

Samaritan Behavioral Health Center Phone:
7563

7575 E. Earl Drive

0890

Scottsdale, AZ 85251

Phone: (480) 941-

Fax: (480) 941-

Services: Provides geriatric inpatient treatment

Special Criteria: 65 years or older

Contact: Program Director

Languages: English

Fees: Fee for service, Medicare and other insurances

Scottsdale Civic Center Senior Center (Mental Health Counseling)

7375 E. 2nd Street
Scottsdale, AZ 85251

Phone: (480) 312-7702

Services: Short term mental health counseling. In-home services if necessary, medical loan equipment closet available.

Contact: Human Services Representative

Languages: English

Fees: Sliding Fee

Senior Horizons Inpatient

7100 E. Mescal St., Wing 3
Scottsdale, AZ 85254

Phone: (480) 443-5138

Fax: (480) 443-5127

Senior Horizons Outpatient

(602) 923-5845

3929 E. Bell Road
Phoenix, AZ 85032

Services: Inpatient psychiatric services, partial hospitalization and intensive outpatient groups. In-home clinical assessments conducted.

Special Criteria: 55 years or older and medically stable

Contact: Nursing Station

Languages: All

Fees: Medicare, Secondary Insurance, Self Pay

Sun City**Sun Health Center for Adult Behavioral Health**

Boswell Memorial Hospital
10401 Thunderbird Blvd.
Sun City, AZ 85351

Phone: (623) 876-5459

Fax: (623) 876-5693

Services: Intensive outpatient services for behavioral health; Support and recovery groups meet at various times throughout the week. A resource library is available for information about illnesses common to older adults.

Special Criteria: 40 years or older for inpatient; 51 years or older for outpatient

Contact: Behavioral Therapist

Languages: English

Fees: Medicare, Insurance

Interfaith Services

17749 N. El Mirage
Surprise, AZ 85374

Phone: (623) 584-4999

Fax: (623) 546-1589

Services: Outpatient services provided in the community. Care management, including care assessments, educational classes, and workshops, support groups. Specialize in grief/bereavement, caregiver issues, adjustment to life changes, relationship issues.

Special Criteria: 50 years or older

Contact: Intake Worker

Language: English and Spanish

Fees: Sliding Scale, Free, Fee for service, insurance

Sun Health Community Education and Wellness Centers*

13632 N. 99th Ave.
Sun City, AZ 85351

Phone: (623) 876-4999

Fax: (623) 876-4960

Services: Support groups on grief, bereavement, chronic illness, other issues.

Special Criteria: None

Contact: Front Desk

Languages: English

Fees: Free

Sun City West

Sun Health Center for Adult Behavioral Health

Del Webb Hospital
4149
14502 W. Meeker Blvd.
Sun City, AZ 85375

Phone: (623) 214-4210

Fax: (623) 214-

Direct Number: (623) 214-4038

Services: Acute care for psychiatric care, two Intensive Outpatient Programs – One is 5 days a week, 2 hours per day for 5 weeks. The other is 2 days a week, 2 hours a day for 3 months. SMI, geriatric psychiatry with medical component, and detoxification. SAGE - Support, Adaptation, Growth and Enrichment program for mental health; ARISE - Adult Recovery in a Supportive Environment program for substance abuse. Inpatient and outpatient mental health and substance abuse support groups. Psychiatric nurse available for in-home services. Chronic Pain Management Program – Psychological, occupational, physical components.

Special Criteria: 55 years or older for inpatient; 65 years or older for outpatient

Contact: Behavioral Therapist

Languages: English, Spanish

Fees: Medicare, Insurance

Tempe

EMPACT/Suicide Prevention Center

1232 E. Broadway Road, Suite 120
Tempe, AZ 85282

Phone: (480) 784-1514

Fax: (480) 967-3528

Services: Hospitalization assessments. Counseling (in-home counseling for families only), prevention services, medication, crisis hotline, mobile crisis services.

Contact: Intake

Languages: English, Spanish

Other Locations: Glendale, Phoenix

Fees: Fee for service, Sliding fee, Insurance, Title XIX

Adult Day Health Care

Services: Adult Day Health Care (ADHC), sponsored by the Foundation for Senior Living, is a comprehensive day program of health rehabilitative and social services for frail and disabled adults. By assisting them in maximizing their independence and capability for self-care. Adult Day Health enables individual who need assistance with activities of daily living, to continue living at home in their community.

Eligibility: To those who have physical, cognitive, and/or psychosocial impairment. Capable of being transported and benefiting from socialization, structured/ supervised programs, or group oriented programs or who seemingly receive little from the ADHC service, but the care gives needs respite.

Fees: Fee for service

Locations:

Ahwatukee ADHC
11002 S. 48th St.
Phoenix, AZ 85044
(480) 496-9494/(480) 969-9555

Interfaith Services Peoria ADHC
8133 West Cactus Road
Peoria, AZ 85345
(623) 584-4999

Tempe ADHC
E. Maryland Ave.
Tempe, AZ 85281
(480) 968-0822

Interfaith Services Sun City West ADHC
14495 R. H. Johnson Blvd.
Sun City West, AZ 85375
(623) 584-4999

Central Park ADHC
3118 N 7th Ave.
Phoenix, AZ 85013
(602) 230-9946

Santa Maria ADHC
3801 E. Greenway Blvd.
Phoenix, AZ 85032
(602) 482-6070

Glendale ADHC
6010 W. Northern Ave.
Glendale, AZ 85302
(623) 931-0983

South Mountain ADHC
P.O. Box 8488
Phoenix, AZ 85040
(602) 304-0355

Interfaith Services St. Clement ADHC
15800 North Del Webb Blvd.
Sun City, AZ 85351
(623) 584-4999

**AREA AGENCY ON AGING, REGION ONE
ADULT DAY HEALTH CARE PROVIDERS**

SAIL and ALTCS

<p><u>CHRIS RIDGE</u> 6246 N. 19th Avenue Phoenix, Az. 85015 <u>Prov. Code:</u> A50400 <u>SVC Code:</u> ADHC Hrs: 7:00 am - 6:00 pm</p>	<p><u>Ph:</u> 602-433-6431 <u>Fx:</u> 602-433-6458 <u>Director:</u> Shela Lingenfelder <u>Staff:</u> Robert Hernandez</p>	<p><u>FAMILY HEALTHREACH</u> <u>Prov. Code:</u> admin <u>SVC Code:</u> Pennington Gardens 977 S. Pennington Dr. Chandler, Az. 85224 <u>Prov. Code:</u> A90012 <u>SVC Code:</u> ADHC</p>	<p><u>Ph:</u> 480-443-1292 <u>Director:</u> Joel Premseelaar <u>Staff:</u> Zina Carlson <u>Ph:</u> 480-814-9046(temp) <u>Fx:</u> 480-814-9058(temp) <i>opening anticipated 9/1/00</i></p>
<p><u>FOUNDATION FOR SENIOR LIVING</u> 77 E. Thomas #100 Phoenix, Az. 85012 <u>Prov. Code:</u> admin <u>SVC Code:</u> Ahwatukee 11002 S. 48th Street Phoenix, Az. 85044 <u>Prov. Code:</u> A56141 <u>SVC Code:</u> ADHC Hrs: 7:30 am - 5:30 pm Avondale 750 S. 4th Street Avondale, Az. 85323 <u>Prov. Code:</u> A56122 <u>SVC Code:</u> ADHC Hrs: 7:30 am - 5:30 pm Glendale 6010 W. Northern Glendale, Az. 85302 <u>Prov. Code:</u> A56134 <u>SVC Code:</u> ADHC Hrs: 7:30 am - 5:30 pm <u>Prov. Code:</u> A90010 <u>SVC Code:</u> ADCT Hrs: 7:30 am - 5:30 pm (m-f) Central Phoenix 3118 N. 7th Avenue Glendale, Az. 85013 <u>Prov. Code:</u> A59003 <u>SVC Code:</u> ADHC Hrs: 7:30 am - 5:30 pm <u>Prov. Code:</u> A90008 <u>SVC Code:</u> ADCT Hrs: 7:30 am - 5:30 pm(t-w-t)</p>	<p><u>Ph:</u> 602-285-1800 <u>Fx:</u> 602-285-1838 <u>Director:</u> Linda Martin/Becky Claycomb <u>Staff:</u> Robert Hernandez <u>Ph:</u> 480-496-9494 <u>Fx:</u> 480-496-9555 <u>Director:</u> Gloria Mortenson <u>Ph:</u> 623-932-1104 <u>Fx:</u> 623-932-1132 <u>Director:</u> Julie Gring <u>Ph:</u> 623-931-0983 <u>Fx:</u> 623-939-2815 <u>Director:</u> Brenda Redel <i>Traumatic Brain Injured Program</i> <u>Ph:</u> 602-230-9946 <u>Fx:</u> 602-230-9972 <u>Director:</u> Mary Pat Sharp <i>Traumatic Brain Injured Program</i></p>	<p><u>FOUNDATION FOR SENIOR LIVING (cont'd)</u> Santa Maria 3801 E. Greenway Phoenix, Az. 85032 <u>Prov. Code:</u> A56139 <u>SVC Code:</u> ADHC Hrs: 7:30 am - 5:30 pm South Mountain 6520 S. Central Avenue Phoenix, Az. 85040 <u>Prov. Code:</u> A56116 <u>SVC Code:</u> ADHC Hrs: 7:30 am - 5:30 pm Tempe 2234 E. Maryland Tempe, Az. 85281 <u>Prov. Code:</u> A56133 <u>SVC Code:</u> ADHC Hrs: 7:30 am - 5:30 pm <u>Prov. Code:</u> A90009 <u>SVC Code:</u> ADCT Hrs: 7:30 am - 5:30 pm (t-w-t)</p>	<p><u>Ph:</u> 602-482-6070 <u>Fx:</u> 602-482-7930 <u>Director:</u> Kit Prestwood <u>Ph:</u> 602-304-0355 <u>Fx:</u> 602-276-4938 <u>Director:</u> Elizabeth Roberts <u>Ph:</u> 480-968-0822 <u>Fx:</u> 480-968-6589 <u>Director:</u> Carrie Smith <i>Traumatic Brain Injured Program</i> <u>Ph:</u> 602-870-6374 <u>Fx:</u> 602-331-5730 <u>Director:</u> Nancy Bivins <u>Staff:</u> Tim McNelis</p>

<u>LUTHERAN SOCIAL MINISTRIES</u> 1946 E. Helen Tucson, Az. 85719 <u>Prov. Code:</u> admin <u>SVC Code:</u> <hr/> East Valley Lutheran 1525 N. Power Rd Mesa, Az. 85205 <u>Prov. Code:</u> A54500 <u>SVC Code:</u> ADHC Hrs: 7:00 am - 5:00 pm <hr/> Day Break Center 1050 W. Superstition Apache Junction, Az. 85220 <u>Prov. Code:</u> A54510 <u>SVC Code:</u> ADC Hrs: 7:00 am - 5:00 pm (m-w-f)	Ph: 520-327-2800 Fx: 520-327-3993 <u>Director:</u> Jody Wood <u>Staff:</u> Tim McMelis <hr/> Ph: 480-981-6260 Fx: 480-807-1644 <u>Director:</u> Carol Grasso <hr/> Ph: 480-671-3086 Fx: 480-671-3109 <u>Director:</u> Gwen Hickey	<u>SIRRINE ADC</u> <u>Prov. Code:</u> admin <u>SVC Code:</u> <hr/> Downtown Center 247 N. Macdonald Mesa, Az. 85201 <u>Prov. Code:</u> A80700 <u>SVC Code:</u> ADHC Hrs: 7:00 am - 5:30 pm <hr/> Red Mountain 7550 E. Adobe Mesa, Az. 85207 <u>Prov. Code:</u> A80701 <u>SVC Code:</u> ADHC Hrs: 7:00 am - 5:30 pm	Ph: 480-464-1061 Fx: <u>Director:</u> Peter Sysyn <u>Staff:</u> Susana Marquez <hr/> Ph: 480-464-1061 Fx: 480-464-1166 <u>Director:</u> Darlene Boyd <hr/> Ph: 480-641-7644 Fx: 480-641-1486 <u>Director:</u> Rosemary Fuller
<u>SUN CITIES AREA INTERFAITH SERVICES</u> P. O. Box 1795 Sun City, Az. 85372 <u>Prov. Code:</u> Admin <u>SVC Code:</u> <i>ALL INTAKES:</i> 623-584-4999 <hr/> Peoria 8133 W. Cactus Peoria, Az. 85381 <u>Prov. Code:</u> A83405 <u>SVC Code:</u> ADHC Hrs: 7:30 am - 5:30 pm <hr/> St. Clement 15800 Dell Webb Blvd. Sun City, Az. 85351 <u>Prov. Code:</u> A83401 <u>SVC Code:</u> ADHC Hrs: 7:30 am - 5:30 pm <hr/> Sun City West 14495 R.H. Johnson Blvd. Sun City West, Az. 85375 <u>Prov. Code:</u> A83404 <u>SVC Code:</u> ADHC Hrs: 7:30 am - 5:30 pm	Ph: 623-584-4999 Fx: 623-546-1589 <u>Director:</u> Michelle Dionisio <u>Staff:</u> Jim Knaut <hr/> Ph: 623-979-7126 Fx: 623-979-3380 <u>Director:</u> Darlene Turner <hr/> Ph: 623-977-8274 Fx: 623-977-8274 <u>Director:</u> Linda Martin <hr/> Ph: 623-584-0040 Fx: 623-214-0694 <u>Director:</u> Christy Whispell	<u>SCOTTSDALE HEALTHCARE</u> 8463 E. McDonald Scottsdale, Az. 85250 <u>Prov. Code:</u> A83802 <u>SVC Code:</u> ADHC Hrs: 6:30 am - 5:30 pm <hr/> <u>SUN CITIES AREA INTERFAITH SERVICES (cont'd)</u> Dementia Day Program 14601 Dell Webb Blvd. Sun City, Az. 85351 <u>Prov. Code:</u> A83407 <u>SVC Code:</u> ADHC <i>open 9/1/00</i> Hrs: 7:30 am - 5:30 pm <hr/> Wickenburg 357 W. Yavapai Wickenburg, Az. 85390 <u>Prov. Code:</u> A83409 <u>SVC Code:</u> ADHC <i>open 9/1/00</i> Hrs: 9 am - 3 pm (m-w-f)	Ph: 480-483-2342 Fx: 480-483-3998 <u>Director:</u> Michelle Furr <u>Staff:</u> Jim Knaut <hr/> Ph: TBA Fx: <u>Director:</u> Bonnie Beam <hr/> Ph: 520-684-7582 Fx: 520-214-0694 <u>Director:</u> Bev Linnihan
<u>AREA AGENCY ON AGING, REGION ONE</u> Contracts/MIS Dept. 1366 E. Thomas Rd. Suite108 Phoenix, Az. 85014	Ph: 602-264-2255 Fx: 602-264-8865		

Maricopa County Psychiatric Hospitals

Arizona State Hospital 2500 E. Van Buren St. Phoenix, AZ 85008	(602) 244-1331
Desert Vista Hospital 570 W. Brown Road Mesa, AZ 85201	(602) 962-3900
Maricopa Medical Center Psychiatric Annex 2601 E. Roosevelt St. Phoenix, AZ 85008	(602) 267-5281
St. Joseph's Hospital 300 W. Clarendon Ave., #275 Phoenix, AZ 85013	(602) 280-1020
St. Luke's Behavioral Health Center 1800 E. Van Buren St. Phoenix, AZ 85006	(602) 251-8535
Desert Samaritan Behavioral Health Center - East Valley 1400 S. Dobson Road Mesa, AZ 852042	(480) 464-4000
Samaritan Behavioral Health Center - Scottsdale 7575 E. Earll Drive Scottsdale, AZ 85251	(480) 941-7500
Samaritan Behavioral Health Center - West Valley 5555 W. Thunderbird Road Glendale, AZ 85306	(623) 588-4700
Good Samaritan Regional Medical Center 1111 E. McDowell Road Phoenix, AZ 85006	(602) 395-8900

PIMA, COCHISE, GRAHAM, GREENLEE, and SANTA CRUZ COUNTIES
Community Partnership of Southern Arizona (CPSA)

Benson

SouthEastern Arizona Behavioral Health Services (SEABHS)*

590 S. Ocotillo
P.O. Box 2161
Benson, AZ 85602

Phone: (520) 586-7080
Fax: (520) 586-3163
Crisis Line: 800-586-9161

Services: Outpatient program for general mental health, SMI and chemical dependency. Case management, evaluations, screenings, medication monitoring, individual and group counseling, intensive chemical outpatient programs, partial hospitalization, mental health and substance abuse support groups. In-home counseling in crisis situations and when necessary.

Contact: Site Administrator

Languages: English, Spanish

Other Locations: Nogales, Sierra Vista, Bisbee, Douglas, Safford, Morenci, Willcox.

Fees: Medicare, Sliding fee, Insurance, Title XIX

Bisbee

Area Agency on Aging - Region VI

118 Arizona Street
Bisbee, AZ 85603

Phone: (520) 432-5301
Fax: (520) 432-5858

Services: Plan and provide services to the senior population in Graham, Greenlee, Cochise and Santa Cruz Counties. Provide services through subcontract, Information and Referral.

Languages: English, Spanish

Fees: Donations encouraged

SouthEastern Arizona Behavioral Health Services (SEABHS)*

214 Bisbee Road
Bisbee, AZ 85603

Phone: (520) 432-7751
Fax: (520) 432-7672

Services: Outpatient program for general mental health, SMI and chemical dependency. Case management, evaluations, screenings, medication monitoring, individual and group counseling, intensive chemical outpatient programs, partial hospitalization, mental health and substance abuse support groups. In-home counseling in crisis situations and when necessary.

Contact: Site Administrator

Languages: English, Spanish

Other Locations: Nogales, Sierra Vista, Benson, Douglas, Safford, Morenci, Willcox.

Fees: Medicare, Sliding fee, Insurance, Title XIX

Douglas

SouthEastern Arizona Behavioral Health Services (SEABHS)*

1701 N. Douglas Avenue
Douglas, AZ 85607

Phone: (520) 364-1286
Fax: (520) 805-1221

Services: Outpatient program for general mental health, SMI and chemical dependency. Case management, evaluations, screenings, medication monitoring, individual and group counseling, intensive chemical outpatient programs, partial hospitalization, mental health and substance abuse support groups. In-home counseling in crisis situations and when necessary.

Contact: Site Administrator

Languages: English, Spanish

Other Locations: Nogales, Sierra Vista, Benson, Bisbee, Safford, Morenci, Willcox.

Fees: Medicare, Sliding fee, Insurance, Title XIX

Green Valley

Casa De Esperanza, Inc.*

780 S. Parke Centre Avenue
P.O. Box 984
Green Valley, AZ 85622

Phone: (520) 625-2273/CARE
Adult Day Care Center: (520) 625-2273
Fax: (520) 625-1598

Services: Community-based, licensed, for those needing supportive care for emotional or mental disabilities. Full/half day programs with therapeutic, social and health services. Confidential and supportive phone counseling, crisis, information and referral services and social workers on call for consult to the caller. Case management for people diagnosed with a serious mental illness.

Contact: Clinical Director

Languages: English, Spanish (limited)

Fees: Fee for service, co-pay

La Frontera - Green Valley Clinic*

1151 S. La Cahada, Ste 105
Green Valley, AZ 85614

Phone: (520) 625-0876

Fax: (520) 625-0878

Services: Mental health outpatient clinic. Evaluations, medication management, outpatient chemical dependency. Mental health and substance abuse support groups. In-home crisis services.

Contact: Director of Development

Languages: English, Spanish

Fees: Medicare, Sliding fee, Insurance, Title XIX

Marana

Marana Health Center*

13644 N. Sandario Rd.
Marana, AZ 85653

Phone: (520) 682-4111

Fax: (520) 682-3817

Services: Individual, family and group therapy. Mental health and substance abuse support groups.

Contact: Chief of Psychology Services

Languages: English, Spanish

Fees: Medicare, Sliding fee, Insurance, Title XIX

Morenci

SouthEastern Arizona Behavioral Health Services (SEABHS)*

Coronado & Burro Alley
P.O. Box 158
Morenci, AZ 85540

Phone: (928) 865-4531

Fax: (928) 865-4821

Services: Outpatient program for general mental health, SMI and chemical dependency. Case management, evaluations, screenings, medication monitoring, individual and group counseling, intensive chemical outpatient programs, partial hospitalization, mental health and substance abuse support groups. In-home counseling in crisis situations and when necessary.

Contact: Site Administrator

Languages: English, Spanish

Other Locations: Nogales, Sierra Vista, Benson, Bisbee, Safford, Douglas, Willcox.

Fees: Medicare, Sliding fee, Insurance, Title XIX

Nogales

SouthEastern Arizona Behavioral Health Services

32 Blvd. Del Ray David
0916
Nogales, AZ 85621

Phone: (520) 281-9189
Fax: (520) 281-

Services: Outpatient program for general mental health, SMI and chemical dependency. Case management, evaluations, screenings, medication monitoring, individual and group counseling, intensive chemical outpatient programs, partial hospitalization, mental health and substance abuse support groups. In-home counseling in crisis situations and when necessary.

Contact: Site Administrator

Languages: English, Spanish

Other Locations: Morenci, Sierra Vista, Benson, Bisbee, Safford, Douglas, Willcox.

Fees: Medicare, Sliding fee, Insurance, Title XIX

Safford

SouthEastern Arizona Behavioral Health Services (SEABHS)*

620 Central Avenue
P.O. Box 956
Safford, AZ 85548

Phone: (928) 428-4550
Fax: (928) 428-4588

Services: Outpatient program for general mental health, SMI and chemical dependency. Case management, evaluations, screenings, medication monitoring, individual and group counseling, intensive chemical outpatient programs, partial hospitalization, mental health and substance abuse support groups. In-home counseling in crisis situations and when necessary.

Contact: Site Administrator

Languages: English, Spanish

Other Locations: Nogales, Sierra Vista, Benson, Bisbee, Morenci, Douglas, Willcox.

Fees: Medicare, Sliding fee, Insurance, Title XIX

Sierra Vista

SouthEastern Arizona Behavioral Health Services (SEABHS)*

185 South Moorman
Sierra Vista, AZ 85635

Phone: (520) 458-3932
Fax: (520) 458-3585

Services: Outpatient program for general mental health, SMI and chemical dependency. Case management, evaluations, screenings, medication monitoring, individual and group counseling, intensive chemical outpatient programs, partial hospitalization, mental health and substance abuse support groups. In-home counseling in crisis situations and when necessary.

Contact: Site Administrator

Languages: English, Spanish

Other Locations: Nogales, Morenci, Benson, Bisbee, Safford, Douglas, Willcox.

Fees: Medicare, Sliding fee, Insurance, Title XIX

Tucson

Area Agency on Aging - Region II (Pima County)

8467 East Broadway
Tucson, AZ 85710

Phone: (520) 790-7262
Fax: (520) 790-7577

Services: Plan and provide services to the senior population in Pima County. Advocacy, information and reference, home and community based services through subcontract.

Languages: English, Spanish

Fees: Donations encouraged

Carondelet St. Joseph's Hospital*

Carondelet Behavioral Health
350 N. Wilcox Road
Tucson, AZ 85711

Phone: (520) 721-3833
Fax: (520) 721-6561

Services: Detox/inpatient psychiatric unit, crisis residential, outpatient treatment, and intensive outpatient program.

Contact: Behavioral Health Coordinator

Languages: English, Spanish

Fees: Medicare, Fee for service, Sliding fee, Insurance, Title XIX

Carondelet St. Mary's Hospital*

1601 W. St. Mary's Road
Tucson, AZ 85745

Phone: (520) 622-5833
Fax: (520) 620-5495

Services: Bereavement Program & support groups, Life After Loss, grief support for bereaved who lost someone minimum of two months before group attendance.

Contact: Behavioral Health Coordinator

Languages: English, Spanish

Fees: None

Fees: Hospice fee are based on the ability of the patient & family to pay

Catholic Social Services*

140 W. Speedway #130
Tucson, AZ 85705

Phone: (520) 623-0344
(800) 234-0344
Fax: (520) 770-8578

Services: Individual and group counseling, in-home counseling and case management services.

Contact: Intake Worker

Languages: English, Spanish

Fees: Medicare, Tobacco Tax, SAMHSA, Sliding Scale

CODAC Behavioral Health Services, Inc.

3100 No. 1st Ave.
Tucson, AZ 85719

Phone: (520) 327-4505
Fax: (520) 792-6931

Contact: W. Mark Clark, C.E.O.

Community Partnership for Southern Arizona (CPSA) *

4575 E. Broadway
Tucson, AZ 85711

Phone: (520) 325-4268
Fax: (520) 318-6925
(800) 771-9889

Services: Regional Behavioral Health Authority in Southeastern Arizona and Pima County. CPSA coordinates and/or contracts for information and referral, evaluation, crisis phone, clinical case management, medication and coordination of providers of services for the following: 1) Services for the seriously mentally ill, 2) General mental health and substance abuse services, and 3) Crisis services.

Contact: Intake

Languages: English, Spanish

Other Locations: Douglas

Fees: Sliding fee, Insurance, Title XIX

COPE Behavioral Services, Inc.

82 S. Stone Ave.
Tucson, AZ 85701

Phone: (520) 792-3293
Fax: (520) 792-0654

Services: COPE Elder Services Program - Specialized care management for SMI and GMH adults, age 60 years and older. COTTAGE Program - Outreach, screening, prevention, early intervention and treatment for older adults. Bilingual and in-home counseling services available for adults, age 65 years and older.

Contact: Pat Benchik, Executive Director

El Dorado Hospital and Medical Center

1400 N. Wilmot
P.O. Box 13070
Tucson, AZ 85732

Phone: (520) 721-5103
Fax: (520) 5119

Services: Generations - Short term (average 2 weeks) geropsychiatric inpatient care, coordination of med/psych needs, mental health support groups. In-home assessments and post-discharge counseling.

Special Criteria: 65 years and older, medically stable but can be considered if dual need exists. No petitioned patients accepted.

Contact: Director

Languages: English, Spanish

Fees: Medicare, Fee for service

Independent Behavioral Health*

430 North Tucson Blvd.
Tucson, AZ 85716

Phone: (520) 325-4837
Fax: (520) 323-3739

Services: Psychiatric assessment, and individual counseling.

Contact: Support Staff

Languages: English and Spanish

Fees: Medicare, insurance

La Frontera Center, Inc.

502 W. 29th St.
Tucson, AZ 85713

Phone: (520) 884-9920
Fax: (520) 792-0654

Contact: Daniel Ranieri, Ph.D, C.E.O., Executive Director

Jewish Family & Children's Service of So. AZ, Inc.

43401 East 5th Street
Tucson, Arizona 85711

Ph.: 520.795.0300
Fax: 520.795.8206

Services: Case Management, Counseling, Home Services, Holocaust Services, Tucson Loan Chest, and Information & Referral.

Special Criteria: Serving people of all religious, races and ethnicities in the capacity of strengthening family life, fostering individual self-sufficiency and promoting improved social and economic conditions.

Contact: Intake

Languages: English, Spanish + 12 additional.

Fees: Fees are established based on the ability to pay. We are service providers for many insurance companies and AHCCCS.

Mental Health Association

3928 E. 5th St.
Tucson, AZ 85711

Phone: (520) 882-4806
Fax: (520) 319-0022

Services: Match trained volunteers with members of the aging population to foster friendship as well as support mental and physical health

Special Services: 55 years and older

Contact: Program Manager

Languages: English, Spanish

Fees: None

Pima Council on Aging

5055 E. Broadway, #C-104
Tucson, AZ 85711

Phone: (520) 790-7262
Fax: (520) 790-7577

Services: Primary resource and focal point of county wide-system of comprehensive services and the key advocate promoting development of local programs for older adults and their families. Assistance for older adults, their families and care givers who have a complaint against any agency or facility. Counsels, advises, assists with problems involving health insurance, nursing homes and hospitals.

Special Services: 60 years and older

Contact: Information and Referral Specialist

Languages: English, Spanish

Fees: None

Project P.P.E.P. (Portable Practical Educational Prep), Inc. *

802 E. 46th St.
Tucson, AZ 85713

Phone: (520) 622-3553
Fax: (520) 622-1480

Services: Socialization and outreach for older adults, individual and group counseling

Contact: Intake Nurse

Languages: English, Spanish

Fees: Sliding fees

Southern Arizona Mental Health Center (S.A.M.H.C.)

2502 N. Dodge Blvd. Suite # 190
Tucson, AZ 85716

Phone: (520) 622-6000
(520) 617-4899
Fax: (520) 617-1608

Services: Group counseling, relaxation therapy and group activity day program for general mental health and SMI seniors. Mental health support groups available. In-home services if necessary.

Special Criteria: 55 years or older

Contact: Assistant Director

Languages: English

Fees: Medicare, Sliding Fee

Tucson Veterans Center*

3601 South 6th Ave.
Psychiatry Mailstop #116A
Tucson, AZ 85723

Phone: (520) 882-0333
Fax: (520) 670-5862

Services: Inpatient geropsychiatric unit providing therapy and medication management, outpatient therapy, mental health support groups.

Special Criteria: Must have served in the military.

Contact: Team Leader

Languages: English

Fees: None

Willcox**SouthEastern Arizona Behavioral Health Services (SEABHS)***

250 N. Haskell Avenue, #6
Willcox, AZ 85643

Phone: (520) 384-2521
Fax: (520) 384-0543

Services: Outpatient program for general mental health, SMI and chemical dependency. Case management, evaluations, screenings, medication monitoring, individual and group counseling, intensive chemical outpatient programs, partial hospitalization, mental health and substance abuse support groups. In-home counseling in crisis situations and when necessary.

Contact: Site Administrator

Languages: English, Spanish

Other Locations: Nogales, Sierra Vista, Benson, Bisbee, Safford, Douglas, Morenci

Fees: Medicare, Sliding fee, Insurance, Title XIX

SOUTHERN ARIZONA PSYCHIATRIC HOSPITALS

Carondelet St. Joseph's Hospital
Carondelet Behavioral Health
350 N. Wilmot Road
Tucson, AZ 85711

Phone: (520) 721-3833

Carondelet St. Mary's Hospital
1601 W. St. Mary=s Road
Tucson, AZ 85745

Phone: (520) 622-5833

El Dorado Hospital and Medical Center
1400 N. Wilmot
P.O. Box 13070
Tucson, AZ 85732

Phone: (520) 721-5103

Kino Community Hospital
2800 E. Ajo Way
Tucson, AZ 85713

Phone: (520) 714-2851

Palo Verde Mental Health Services
2695 N. Craycroft
Tucson, AZ 85712

Phone: (520) 322-4340

University Medical Center
1501 N. Campbell
Tucson, AZ 85724

Phone: (520) 694-2323

COCONINO, MOHAVE, YAVAPAI, NAVAJO, and APACHE COUNTIES
Northern Arizona Regional Behavioral Health Authority (NARBA)

Bullhead City

Catholic Social Services*

1370 Ramar, #D
Bullhead City, AZ 86442

Phone: (520) 758-4176
Fax: (520) 758-5141

Services: Counseling for family, marriage, sexual abuse. Mental health support groups. In-home counseling available.

Contact: Intake Coordinator

Languages: English, Spanish

Other Locations: Kingman at the Foundation for Senior Living

Fees: Sliding fee, Insurance

Mohave Mental Health Clinic*

2135 Hwy 95, #241, 225 & 125
Bullhead City, AZ 86442

Phone: (520) 757-5905
Fax: (520) 758-8790

Services: Provider for Title XIX service in northwest Arizona. Evaluation, counseling, medication management, case management. Partial care for SMI and substance abuse, outpatient SMI day treatment, residential treatment. Mental health and substance abuse support groups. In-home services as needed.

Contact: Intake Nurse

Languages: English, Spanish

Other Locations: Kingman, Lake Havasu City

Fees: Medicare, Sliding fee, Insurance, Title XIX

Camp Verde

Verde Valley Guidance Clinic*

P.O Box 925
Cottonwood, AZ 86326

Phone: (520) 634-2236
(Cottonwood)

Services: Case management, medication management, counseling, day treatment, residential treatment, crisis acute care, substance abuse programs and counseling. Mental health and substance abuse support groups. In-home services if necessary.

Contact: Assistant Director

Languages: English, Spanish

Other Locations: W. Sedona and Cottonwood

Fees: Sliding fee, Insurance, Title XIX

Chinle

Chinle Indian Hospital*

Chinle, AZ 86503 Fax: (520) 674-7165

Phone: (520) 674-7164

Services: Behavioral health services, crisis, case management. Mental health and substance abuse support groups.

Special Criteria: Members of Native American Indian Tribe

Contact: Intake

Languages: English, Navajo

Fees: No charge

Cottonwood

Adult Day Care Center, Inc.

401 S. Willard.
Cottonwood, AZ 86326

Phone: (520) 6391511
Fax: (520) 639-1134

Services: Day treatment for SMI population. Mental health support groups. In-home respite program.

Special Criteria: Over 55 years of age, must be non-violent

Contact: Program Director

Languages: English, Spanish

Other Locations: Cottonwood

Fees: Fee for service, Insurance, Title XIX

Verde Valley Guidance Clinic*

19 East Beech
Cottonwood, AZ 86326

Phone: (520)634-2236
Fax: (520) 634-6747
Flag: (502) 774-5389

Day Treatment: 1010 North Main

Services: Case management, medication management, counseling, day treatment, residential treatment, crisis acute care, substance abuse programs and counseling. Mental health and substance abuse support groups. In-home services if necessary.

Contact: Assistant Director

Languages: English, Spanish

Other Locations: W. Sedona and Camp Verde

Fees: Sliding fee, Insurance, Title XIX

Flagstaff

Aspen Hill Behavioral Health Services*

305 W. Forrest Avenue
Flagstaff, AZ 86001

Phone: (520)773-1060
(800)336-2773
Fax: (520)779-4388

Services: Evaluation, counseling, substance abuse programs, medication management and day treatment. Inpatient for SMI crisis. Mental health support groups. In-home services in emergencies only.

Contact: Charge Nurse

Languages: English, Spanish, Navajo

Fees: Insurance, Title XIX

Area Agency on Aging

119 E. Aspen
Flagstaff, AZ 86001-5296

Phone: (928) 213-5226

Services: Plan and provide services to the elderly in Apache, Navajo, Coconino and Yavapai Counties. Advocate for senior population, case management and adult day care services available.

Languages: English, Spanish

Fees: Donations encouraged

Flagstaff Catholic Social Service Counseling*

201 W. University Drive
Flagstaff, AZ 86001

Phone: (520) 774-9125
Fax: (520) 774-1105

Services: Evaluation, individual, family, SMI and substance abuse counseling. Mental health and substance abuse support groups. In-home crisis services.

Contact: Intake Service Coordinator

Languages: English

Fees: Sliding Fee, Insurance

*Denotes that the services are not senior specific, but that the population is not excluded

Flagstaff Medical Center Social Work Dept.*

1200 N. Beaver Fax: (520) 773-3200
P. O. Box 1268
Flagstaff, AZ 86002

Phone: (520) 779-3366, Ext. 2220

Services: Crisis intervention, evaluation, counseling, inpatient acute care.

Contact: Intake Social Worker

Languages: English, Spanish, Native American

Fees: Medicare, Fee for Service, Insurance

The Guidance Center*

2187 N. Vickey Street
Flagstaff, AZ 86004

Phone: (520) 527-1899

Fax: (520) 527-0028

Services: Counseling, assessment, day treatment, case management. Inpatient acute care at Aspen Hill, outpatient medical detoxification, partial hospitalization for SMI. Mental health and substance abuse support groups.

Contact: Contracts Manager

Languages: English, Spanish, Navajo

Other Locations: Williams/Grand Canyon

Fees: Medicare, Sliding fee, Insurance, Title XIX

Northern Arizona Regional Behavioral Health Authority*

(NARBHA)
125 E. Elm Street #E
Flagstaff, AZ 86001

Phone: (520) 774-7128

(800) 640-2123

Fax: (520) 774-5665

Services: Planning, information and referral, evaluation, crisis, clinical case management, medication and coordination of providers of services. Services available addressing the special needs of seniors and the Medically Indigent Medically Needy (MIMN) within the mental and behavioral health system.

Contact: Intake

Languages: English, Spanish

Area Served: Mohave, Yavapai, Coconino, Navajo and Apache Counties.

Fees: Sliding fee, Insurance, Title XIX

North Country Community Health Center*

2304 N. Rose
Flagstaff, AZ 86004

Phone: (520) 773-1471

Fax: (520) 773-6629

Mailing Address: P.O. Box 3630, Flagstaff, AZ 86003

Services: Initial assessment and referral. General mental health and chemical dependency services.

Contact: Operations Assistant

Languages: English, Spanish, Navajo

Fees: Sliding fee

Fredonia**Lake Powell Institute (Behavioral Health Services)***

100 E. Cowboy Lane
Fredonia, AZ 86022

Phone: (520) 645-5113

Flagstaff Fax: (520) 773-7784

Local: (520) 643-7230

Services: General mental health, SMI, chemical dependency, crisis services. Mental health support groups. In-home services provided as necessary. Will accept referrals from Indian Health Services.

Contact: Intake Nurse

Languages: English, Spanish, Navajo

Other Locations: Page

Fees: Sliding fee, Insurance, Title XIX

Holbrook

Community Counseling Centers*

105 North Fifth Ave.
Holbrook, AZ 86025

Phone: (520) 524-5126
Fax: (520) 524-3068

Services: Evaluation, assessment, case management, counseling, 24 hour crisis service, intensive outpatient. Substance abuse and dual diagnosis support group.

Contact: Business Manager

Languages: English, Navajo

Other Locations: Show Low (Pineview Behavioral Health), Winslow

Fees: Sliding Fee, Insurance

Kayenta

Kayenta Indian Health Services*

Main Street
P.O. Box 368
Kayenta, AZ 86003

Phone: (520)697-6115
Fax: (520)697-3264

Services: Evaluation, counseling, SMI case management, outpatient substance abuse. Mental health and substance abuse support groups. In-home services in case of emergency.

Special Criteria: Have to be Native American

Contact: Social Worker

Languages: English, Navajo

Fees: No charge

Kingman

Foundation for Senior Living

1776-B Airway Ave.
Kingman, AZ 86401

Phone: (520) 757-1133

Services: Housing and transitional living counseling for seniors with mental health issues.

Contact: Intake

Languages: English

Other Locations: Lake Havasu City

Fees: Donations

Mohave Mental Health Clinic*

1750 Beverly Ave.
Kingman, AZ 86401

Phone: (520)757-8111
Fax: (520) 757-1100

Services: Provider for Title XIX service in northwest Arizona. Evaluation, counseling, medication management, case management. Partial care for SMI and substance abuse, outpatient SMI day treatment, residential treatment. Mental health and substance abuse support groups. In-home services as needed.

Contact: Intake Nurse

Languages: English, Spanish

Other Locations: Bullhead City, Lake Havasu City

Fees: Medicare, Sliding fee, Insurance, Title XIX

*Denotes that the services are not senior specific, but that the population is not excluded

Lake Havasu City

Mohave Mental Health Center*

2187 Swanson Ave.
Lake Havasu City, AZ 86403

Phone: (520)855-3432

Fax: (520) 855-0103

Services: Provider for Title XIX service in northwest Arizona. Evaluation, counseling, medication management, case management. Partial care for SMI and substance abuse, outpatient SMI day treatment, residential treatment. Mental health and substance abuse support groups. In-home services as needed.

Contact: Intake Nurse

Languages: English, Spanish

Other Locations: Bullhead City, Kingman

Fees: Medicare, Sliding fee, Insurance, Title XIX

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Lake Powell Institute (Behavioral Health Services)*

32 N., 10th Ave., Suite #1
Page, AZ 86040

Phone: (520)645-5113

Fax: (520)773-7784

Services: General mental health, SMI, chemical dependency crisis services. Mental health support groups. In-home services provided as necessary. Will accept referrals from Indian Health Services.

Contact: Intake Nurse

Languages: English, Spanish, Navajo

Other Locations: Fredonia

Fees: Sliding fee, Insurance, Title XIX

Prescott

Adult Day Care Center, Inc.

826 Sunset Ave.
Prescott, AZ 86301

Phone: (520)445-6384

Fax: (520) 445-2847

Services: Day treatment for SMI population, mental health support groups. In-home respite program.

Special Criteria: Over 55 years of age, must be non-violent

Contact: Program Director

Languages: English, Spanish

Other Locations: Cottonwood

Fees: Fee for service, Insurance, Title XIX

West Yavapai Guidance Clinic

637 Hillside, Suite A
Prescott, AZ 86301

Phone: (520)445-7730

Administration Fax: (520) 771-8483

Outpatient Fax: (520) 445-9522

Services: Senior Peer Counseling Program. Volunteers provide peer counseling to seniors in the client=s home. Guidance Clinic provides mental health support groups.

Special Criteria: Must be 60 years or older and have mental health need

Contact: Coordinator, Senior Peer Program

Languages: English, Spanish

Fees: No charge

*Denotes that the services are not senior specific, but that the population is not excluded

Sedona

Verde Valley Guidance Clinic*

2880 Hopi Drive
W. Sedona, AZ 86336

Phone: (520) 634-2236

Fax: (520) 282-4884

Services: Case management, medication management, counseling, day treatment, residential treatment, crisis acute care, substance abuse programs and counseling. Mental health and substance abuse support groups. In-home services if necessary.

Contact: Assistant Director

Languages: English, Spanish

Other Locations: Cottonwood, Camp Verde

Fees: Sliding fee, Insurance, Title XIX

Show Low

Community Counseling Centers*

2500 Show Low Lake Road
Show Low, AZ 85901

Phone: (520) 537-2951

Fax: (520) 537-8520

Services: Evaluation, assessment, case management, counseling, 24 hour crisis service, intensive outpatient. Substance abuse and dual diagnosis support group.

Contact: Intake

Languages: English, Navajo

Other Locations: Holbrook, Winslow

Fees: Sliding Fee, Insurance

Pineview Behavioral Health Center*

2550 Show Low Lake Road
Show Low, AZ 85901

Phone: (520) 537-4658

Fax: (520) 9049

Services: Assessment, inpatient general mental health, SMI acute care, medication. Support groups for mental health and substance abuse.

Special Criteria: Must be referred by Community Counseling Center

Contact: Intake/Charge Nurse

Languages: English

Other Locations: Winslow and Holbrook Community Counseling Centers

Fees: Medicare, Sliding Fee, Insurance, Title XIX

Springerville

Little Colorado Behavioral Health Center*

50 N. Hopi
Springerville, AZ 85938

Phone: (520) 333-2683

Fax: (520) 333-5595

Mailing Address: P.O. Box 579
St. Johns, AZ 85936

Services: Assessment, case management, medication management, individual therapy. General mental health, SMI, substance abuse. In-home crisis services.

Contact: Administrative Assistant

Languages: English, Spanish

Other Locations: St. Johns

Fees: Medicare, Sliding fee, Insurance, Title XIX

St. Johns

Little Colorado Behavioral Health Center*

470 W. Cleveland Ave.
P.O. Box 579
St. Johns, AZ 85936

Phone: (520) 337-4301

Fax: (520) 337-2269

Services: Assessment, case management, medication management, individual therapy. General mental health, SMI, substance abuse. In-home crisis services.

Contact: Administrative Assistant

Languages: English, Spanish

Other Locations: Springerville

Fees: Medicare, Sliding fee, Insurance, Title XIX

Tuba City

Tuba City Indian Health Services Hospital*

Tuba City, AZ 86045

Phone: (520) 283-7285

Services: Emergency psychiatric only. Outpatient assessment, crisis, case management, medication management, day treatment for persons with schizophrenia, individual therapy. Mental health support groups. In-home crisis and family therapy.

Special Criteria: Must be Native American or self-insured.

Contact: Mental Health Specialist

Languages: English, Navajo, Hopi

Fees: Medicare, Insurance, Title XIX. Native American-no charge

Whiteriver

Apache Behavioral Health Services*

P.O. Box 1089
Whiteriver, AZ 85941

Phone: (520)338-4858

Fax: (520) 538-4930

Services: Assessment, case management, outpatient substance abuse counseling. Acute cases referred to Guidance Center in Flagstaff. Mental health and substance abuse support groups. In-home crisis services available.

Special Criteria:Native American

Contact: Director

Languages: English, Apache

Fees: None

Williams/Grand Canyon

The Guidance Center*

301 S.7th Street
Williams, AZ 86046

Phone: (520)527-1899

Services: Counseling, assessment, day treatment, case management. Inpatient acute care at Aspen Hill, outpatient medical detoxification, partial hospitalization for SMI. Mental health and substance abuse support groups.

Contact: Contracts Manager

Languages: English, Spanish

Other Locations: Flagstaff

Fees: Medicare, Sliding fee, Insurance, Title XIX

Window Rock

Area Agency on Aging - Region VII - Navajo Nation

Navajo Area Agency on Aging
Admin. Building #2
P.O. Box 1390
Window Rock, AZ 86515

Phone: (928) 871-6868
Fax: (928) 871-6793

Services: Plan and provide services to the senior population in the Navajo Nation. Advocacy, case management and adult day care services available.

Languages: English, Navajo
Fees: Donations encouraged

Winslow

Community Counseling Center*

1015 E. Second Street
Winslow, AZ 86047

Phone: (520) 289-3383
Fax: (520) 289-5648

Services: General mental health, SMI, counseling, evaluation, medication, case management.

Contact: Intake
Languages: English
Other Locations: Show Low (Pineview Behavioral Health) and Holbrook
Fees: Sliding Fee, Insurance, Title XIX

Northern Arizona Psychiatric Hospitals

Aspen Hill Behavioral Health System

305 W. Forest
Flagstaff, AZ 86001

Phone: (520) 773-1060

Chinle (P.H.S.) Indian Hospital

Chinle, AZ 86503

Phone: (520) 674-4258

Department of Veteran's Affairs Medical Center

Old Hwy 89A
Prescott, AZ 86301

Phone: (520) 445-4860

Yavapai Regional Medical Center

Family Resource Center
1003 Willow Creek
Prescott, AZ 86301

Phone (520) 771-5651

Samaritan Behavioral Health - Havasu

101 Civic Center
Lake Havasu City, AZ 86403

Phone: (520) 453-0404

Tuba City Indian Health Service (I. H. S.) Hospital

Tuba City, AZ 86045

Phone: (520) 283-7285

*Denotes that the services are not senior specific, but that the population is not excluded

PINAL and GILA COUNTIES
Pinal Gila Behavioral Health Authority (PGBHA)

Apache Junction

Pinal Gila Behavioral Health Association (PGBHA)*

2066 W. Apache Trail, #116
Apache Junction, AZ 85217

Phone: (480) 982-1317
Fax: (480) 982-7320
(800) 982-1317

Services: Planning, information and referral, evaluation, crisis, clinical case management, medication and coordination of providers of services. Services available addressing the special needs of seniors and the Medically Indigent Medically Needy (MIMN) within the mental and behavioral health system.

Contact: Intake

Languages: English, Spanish

Fees: Sliding fee, Insurance, Title XIX

Mountainside Mental Health Center (MMHC)*

P.O. Box 3160
Apache Junction, AZ 85217

Phone: (480) 983-0065
Fax: (480) 983-0572
Outpatient Clinic: (480) 983-0571

Services: Inpatient care acute SMI/CD facility for Superstition Mountain Behavioral Health. This is the Psychiatric Urgent Care (PUF) facility for PGBHA. Residential treatment, inpatient mental health and chemical dependency support groups.

Contact: Executive Director

Languages: English, Spanish, Hopi

Fees: Medicare, Sliding fee, Title XIX

Superstition Mountain Behavioral Health*

P.O. Box 3160
Apache Junction, AZ 85217

Phone: (480) 983-0572
Fax (480) 983-0572

Services: SMI day treatment, evaluations, SMI/chemical dependency programs, case management. Mental health and substance abuse support groups at SMI day treatment. In-home services on emergency basis.

Special Criteria: Seniors must live in Pinal or Gila County.

Contact: Director

Languages: English, Spanish

Fees: Medicare, Sliding Fee, Insurance, Title XIX

Casa Grande

Area Agency on Aging - Region V

1895 N. Trekell Road, Suite 2
P.O. Box 11452
Casa Grande, AZ 85222

Phone: (520) 836-2758
Fax: (520) 421-2033

Services: Plan and provide services to the senior population in Pinal and Gila Counties. Advocacy, case management and adult day care services available.

Fees: Donations encouraged

Corazon, Inc.

900 E. Florence Blvd.
Casa Grande, AZ 85230

(520) 836-4278

Fax: (520) 836-1786

Services: Behavioral Health Counseling

Horizon Human Services

120 W. Main Street
Casa Grande, AZ 85222

Phone: (520) 836-1688

Emergency: (800) 890-2880

Fax: (520) 421-1969

Services: Partial care program, day treatment, nursing home assessment. Mental health support groups.

In-home crisis intervention/assessment when necessary.

Special Criteria: Diagnosable behavioral health disorder

Contact: Program Director

Languages: English, Spanish, Chinese, Tohono O'odham

Fees: Medicare, Sliding fee, Insurance

Casa Grande Valley Counseling Service, Inc. *

635 E. Cottonwood Lane
Casa Grande, AZ 85222

Phone: (520) 836-0440

Fax: (520) 836-0924

Services: Evaluation, individual and family counseling, general mental health, outreach into the home on an emergency basis, mental health support groups.

Contact: Office Manager

Languages: English

Fees: Medicare, Sliding Fee

Pinal-Gila Council for Senior Citizens

1895-2 N. Trekell Road
Casa Grande, AZ 85222

Phone: (520) 836-2758

(800) 293-9393

Fax: (520) 421-2033

Mailing Address: P.O. Box 11452
Casa Grande, AZ 85230-2758

Services: Educational presentations about chemical addictions/prevention through Area Agency on Aging. Generic behavioral health services. Alzheimer support group.

Contact: Central Intake Specialist

Languages: English, Spanish

Fees: Donations encouraged

Coolidge**Coolidge-Pinal Hispanic Council***

556 S. Arizona Blvd.
Coolidge, AZ 85228

Phone: (520) 723-7405

Fax: (520) 723-7410

Services: Behavioral health and substance abuse counseling.

Contact: Program Coordinator

Languages: English, Spanish

Other Locations: Eloy

Fees: Sliding Fee, Insurance

Eloy

Pinal Hispanic Council*

712 N. Main Street
Eloy, AZ 85231

Phone: (520)466-7765

Fax: (520)466-4475

Services: Behavioral health counseling.

Contact: Program Coordinator

Languages: English, Spanish

Other Locations: Coolidge

Fees: Sliding Fee, Insurance

Globe

Horizon Human Services

473 Hagen Hill
P.O. Box 1543
Globe, AZ 85539

Phone: (928) 402-9297

Fax: (928) 402-9414

Services: Partial care program, day treatment, nursing home assessment. Mental health support groups, and in-home crisis intervention/assessment as needed.

Special Criteria: Diagnosable behavioral health disorder

Contact: Program Director

Languages: English, Spanish, Chinese, Tohono O'odham

Fees: Medicare, Sliding fee, Insurance

Kearny

San Pedro Valley Behavioral Health

P.O. Box 669
Kearney, AZ

Phone (520) 363-9578

Fax: (520) 363-9592

Services: Behavioral Health counseling. Mental health and substance abuse support groups.

Contact: Clinical Director

Languages: English, Spanish

Other Locations: Oracle

Fees: Medicare, Sliding Fee, Insurance, Title XIX

Payson

Behavioral Health and Rehabilitation*

806 S. Ponderosa
Payson, AZ 85541

Phone: (928)474-6617

Fax: (928) 474-7059

Services: Evaluation, couple and family counseling. Clinical therapist that deal specifically with older adults. In-home assessments when necessary, and pain management services.

Contact: Intake Manager

Languages: English

Fees: Insurance

*Denotes that the services are not senior specific, but that the population is not excluded

Rim Guidance Center

404 W. Aero Drive
P.O. Box 64
Payson, AZ 85541

Phone: (928) 474-3303

Fax: (928) 474-8376

Services: Behavioral health and substance abuse program, mental health support groups, and crisis intervention.

Contact: Clinical Director

Languages: English

Fees: Medicare, sliding fee, Insurance

San Carlos**San Carlos Apache Tribe - Behavioral Health Services***

P.O. Box 0
San Carlos, AZ 85550

Phone: (928) 475-2371

Fax: (928) 475-2417

Services: Mental health services for Native Americans. Mental health and substance abuse support groups. Counseling.

Special Criteria: Must be Native American

Contact: Behavioral Health Administrative Assistant

Languages: English, Apache

Fees: Medicare, Sliding Fee, Insurance, Title XIX, Fee for Service

San Pedro Valley Behavioral Health

(520) 896-9240

P.O. Box 810
Oracle, AZ 85623

Phone:

Fax: (520) 896-2035

San Pedro Valley Behavioral Health

(520) 363-9578

P.O. Box 669
Kearney, AZ

Phone:

Fax: (520) 363-9592

PGBHA Psychiatric Hospitals**Mountainside Mental Health Center (MMHC)**

150 N. Ocotillo Dr.
Apache Junction, AZ 85217

Phone: (480) 983-0065

Outpatient Clinic: (480) 983-0571

*Denotes that the services are not senior specific, but that the population is not excluded

YUMA and La PAZ COUNTIES
The EXCEL Group

The EXCEL Group (BHS-Yuma)

106 East 1st Street
Yuma, AZ 85365

Phone: (928) 341-0335
(800) 880-8901
Fax: (928) 3410433

3180 E. County 12 (Inpatient)
Yuma, AZ 85365

Services: Planning, information and referral, evaluation, crisis, clinical case management, medication and coordination of providers of services. Services available addressing the special needs of seniors and the Medically Indigent Medically Needy (MIMN) within the mental and behavioral health system. Crisis intervention emergency response team, psychiatric intake and inpatient unit, case management, acute care, and residential treatment.

Contact: Intake and referral

Languages: English, Spanish

Other Locations: Parker

Fees: Sliding fee, Insurance, Title XIX

Parker

The Excel Group

1021 Kofa Avenue
Parker, AZ 85344

Phone: (928)669-6669
Fax: (928)669-6673

Services: Crisis intervention emergency response team, psychiatric intake, case management, acute care and residential treatment.

Contact: Intake and referral

Languages: English, Spanish

Other Locations: Yuma

Fees: Sliding fee, Insurance, Title XIX

Yuma

Alzheimer=s Association

First United Methodist Church
298 W. Third (Educational Wing)
Yuma, AZ

Phone: (800) 392-0022

Services: Information about the disease, help with managing difficult behaviors, assistance in identifying community resources, support groups, referral to affordable services. Call the toll-free number for updated meeting information.

Fees: None

Area Agency on Aging - Region IV

224 South Third Avenue
Yuma, AZ 85364

Phone: (928) 782-1886
Fax: (928) 329-4248

Services: Plan and provide services to the senior population in Yuma, Mohave and La Paz counties. Advocacy, case management and adult care services available. Support groups for caregivers.

Fees: Donations encouraged

Indian Health Services - USPHS*

Ft. Yuma Indian Hill Rd.
Yuma, AZ 85366

Phone: (619) 572-0217

Fax: (619) 572-2133

Services: Mental health and social services.

Special Criteria: Must be Native American

Contact: Secretary, Community Health

Languages: English, Cocopah, Quechan

Fees: No charge

Serenity House*

244 S. 3rd Ave
Yuma, AZ 85364

Phone: (928) 783-5642

Services: Halfway recovery facility for substance abuse. Substance abuse support groups.

Special Criteria: Must have addiction and want help

Contact: Director

Languages: English

Fees: Fee for service

YUMA PSYCHIATRIC HOSPITALS**The Excel Group**

3220 East 40th Street
Yuma, AZ 85365

Phone: (928) 344-2350

Fax: (928) 341-0433

SUPPLEMENTAL INFORMATION

DETECTION OF DEPRESSION¹

At least 50 percent of the elders who commit suicide have seen a physician within the previous month.

The key to detection is systemic evaluation of the signs and symptoms of depression. A number of helpful scales exist, but any interview that covers the following areas will provide an effective assessment of depression:

Characteristic

Expression

Mood	Sad, crying, flat or irritable; lack of eye contact; dull eyes; voice low or monotone
Motor	Fatigued, withdrawn, slowed physical and verbal responses; agitation, restlessness, hand wringing, constant activity
Appearance	Stooped posture; self-neglect; careless grooming or dress; absence of make-up
Thinking	Inattention; lack of concentration; ruminations, losing the gist of the conversation; inability to perform simple calculations

Depression in the elderly can initially appear as dementia. Cognitive or mental status errors can distinguish between these two diagnoses: demented elders are more likely to make confabulatory errors, in which a response is made up; depressed elders are more likely to make omission errors, in which the response is *I don't know*, *I don't remember*.

Psychological	Loss of interest in previously pleasurable activities; loss of interest in other people; dwelling on the past; vague and anxious about the future; feelings of worthlessness or guilt; helplessness; hopelessness
Physical	Fatigue or loss of energy; appetite/weight change (gain or loss); sleep disturbances (insomnia or oversleeping); chronic aches and pains

The elderly sometimes have no subjective psychological symptoms, experiencing only general malaise and other physical symptoms. Therefore, it is particularly important to explore this area, especially when the patient denies other more obvious depressive symptoms.

Irritating Behavior	Whining, irritability, gestures of helplessness; rejection, disgust; hypochondriasis
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Sometimes the only evidence the provider has of depression in an older adult is the provider's own reaction to the person. Feelings of anger, dread, annoyance, or impatience when seeing a patient are potent clues to the diagnosis of depression, especially in the presence of the patient's suicidal ideation.

¹SUICIDE AMONG ELDERS IN ARIZONA: The Role of the Primary Care Practitioner, Arizona Department of Health Services, 1994.

INDICATORS OF THE NEED FOR PSYCHIATRIC ASSESSMENT

- < Statement about suicide or about not wanting to “go on” or that “life isn’t worth living”.
- < Feelings of loneliness, depression, sadness, or hopelessness that do not abate after a short period of time.
- < Significant change of sleeping or eating patterns (either increase or decrease/weight gain or loss).
- < Frequent complaints or physical problems that have no apparent physiological basis.
- < Recent change in behavior (i.e., concentration, memory difficulties, sudden anger, striking out, “manic” presentation, paranoia and suspiciousness, withdrawal and isolation.
- < Presentation of disorientation or unusual beliefs that result in being incapable of performing activities of daily living.
- < Threats or attempts to harm self or others.
- < Overuse of prescription medication, especially tranquilizers, pain medications, or anti-anxiety.
- < Using alcohol excessively so that it interferes with the ability to carry out the normal activities of daily living.
- < Grief which does not resolve in a reasonable period of time or becomes debilitating.
- < Loss of interest in usually pleasurable activities.
- < Out-patient treatment has not been effective in relieving symptoms or problems.
- < Some psychosocial stressors:
 - Recent losses such as the death of a spouse, family member, pet or loss of independent living or physical functioning, or loss of a driver’s license.
 - Unexpected changes in finances.
 - Relocation of self or family members.
 - Diagnosis of either a minor or major medical condition.
 - Change in supportive environment.

Medicare Mental Health Coverage and HMO's

MEDICARE LIFETIME BENEFITS FOR INPATIENT CARE, IN A PSYCHIATRIC FACILITY, ARE LIMITED TO 190 DAYS. However, psychiatric care provided in a general hospital is NOT subject to this lifetime limit. Reports in recent years indicate that this has resulted in the majority of psychiatric inpatient care being provided to seniors in general hospitals.

FOR MOST OUTPATIENT MENTAL HEALTH SERVICES, A 50% CO-PAYMENT IS REQUIRED.

However, recent changes in the law have removed the annual dollar limit on services. Co-payments for visits to change or monitor psychiatric medications, as well as for initial mental health diagnostic services, were also reduced to 20%. Finally, coverage has been added for treatment provided by clinical psychologists and social workers.

PARTIAL HOSPITALIZATION-COVERED IF REPLACEMENT FOR INPATIENT.

- Individual/Group Therapy
- Occupational Therapy
- Services of Social Worker, Psychiatrist, Nurses, and other staff trained to work with psychiatric patients.
- Drugs and biologicals for therapeutic purposes that cannot be self administered.
- Individualized activity therapies, not primarily recreational or diversionary.
- Family counseling (in relation to individual's treatment).
- Patient training and education (clearly related to care and treatment)
- Diagnostic services
- Other items and services (excluding meals and transportation).

SERVICE MUST BE:

- Reasonable and necessary
- Expectation to improve or maintain to prevent relapse or hospitalization.

The 1995 White House Conference on Aging adopted a resolution, with several policy recommendations, on "meeting mental health needs." A number of these indirectly addressed Medicare coverage of mental health: (caps on "mental" added for this page)

Amend all statutes that regulate public and private health and long-term care insurance plans to achieve parity in coverage and reimbursement for MENTAL and physical health disorders, eliminate exclusions based on pre-existing conditions, set standards for health plans, and insure consumer rights.

Assure access to an affordable, comprehensive range of quality MENTAL and physical health care including outreach, in-home, preventative, acute and health services.

Medicare MCOs (managed care organizations) and HMOs should be required to enroll anyone without restriction.

HMO BENEFITS

For HMO benefits you need to contact the plan and check on what services they provide. They also need to be contacted to check on if pre-certification is required for any mental health services, both inpatient and outpatient, and co-pay amount and limitations.

Glossary

Activities for Daily Living (ADLs)
care,

Activities performed as part of a person's daily routine of self-care such as bathing, dressing, toileting, transferring and eating.

Acute Care
with an

Care for a person with a single episode of short-term illness or exacerbation of a chronic condition.

Adult Day Care
monitoring for

A facility that provides activities, a meal and health seniors who cannot be left at home alone during the day.

Aftercare

Services following hospitalization or rehabilitation, individualized for each patient's needs. Aftercare gradually phases the patient out of treatment while providing follow up prevention to prevent relapse.

Anxiety Disorders

A group of mental illnesses that are unpleasant and overriding inner emotional tensions that have no apparent identifiable cause. Anxiety disorders include phobias, panic disorder, obsessive-compulsive disorder, and post-traumatic stress disorder. These disorders are severe enough to interfere with social or occupational functioning. Fear is often used to describe an anxiety. However, fear causes emotional tension due to a specific, external reason.

Behavioral Health Care

The assessment and treatment of mental and/or psychoactive substance abuse disorders.

Case Management

A social worker, nurse or other professional who assesses the seniors' needs and situation, makes referrals to community resources and provides regular follow-up to determine if there are new needs.

Chronic Care

Care for an individual with a long-term illness.

Clinician

A professional providing technical medical services, especially a physician. Physicians, nurses, etc., are clinicians. Management, marketing and finance staff, etc., are not clinicians.

Complete Geriatric Evaluation

Medical, psychological and social testing of an older person.

Continuum of Care

A range of clinical services provided to an individual or group that may reflect treatment rendered during a single inpatient hospitalization or care for multiple conditions over a lifetime.

Counseling

Services that give individuals and families guidance and support to solve problems.

Depression

A mental illness that can seriously disrupt a person's mood for long periods of time. Symptoms include: changes in appetite and sleeping patterns, fatigue and loss of energy, feelings of worthlessness or inappropriate guilt, inability to concentrate and preoccupation with death. It can be treated effectively in 80% of the cases. Depression disorders include: major depression (also called uni-polar depression), manic depression (also called bi-polar depression), dysthymia and seasonal affective disorder.

Detoxification	Medical management while an individual goes through withdrawal from alcohol or other addictive substances.
Family Therapy	A form of psychotherapy that treats the family of the individual, bringing the entire family together for therapeutic sessions. This type of therapy is based on the theory that improvement of communication and emotional expression among family members promotes understanding and cooperation.
Fee for Service	The traditional health care payment system under which physicians and other providers receive a payment that does not exceed their billed charge for each unit of service provided. Fees are paid as care is rendered.
Health Maintenance Organization (HMO)	A type of medical group practice that provides to an enrolled group of subscribers for a fixed advanced payment all necessary health services, including hospitalization. Services are obtained either directly or through specialists under contract.
Hospice	A facility or program engaged in providing palliative (comfort) and supportive care of the terminally ill, and licensed, certified or otherwise pursuant to the law of jurisdiction in which services are rendered.
Inpatient	An individual who has been admitted to a hospital as a registered bed patient and is receiving services under the direction of a physician (customarily for at least 24 hours).
Medicaid	This comprehensive program was enacted in 1965; it provides health care for low-income persons of all ages, is jointly financed by the state and federal government. It is authorized through Title XIX of the Social Security Act. Unlike Medicare, it provides for long-term care services for its recipients.
Medicare	<p>Enacted in 1965, this federal program provides health insurance for persons 65 and over, people of any age with permanent kidney failure and certain disabled persons. Medicare consists of two parts:</p> <p>Part A (hospital insurance) helps pay for hospital care, and after hospitalization, a stay in a skilled nursing facility (up to 100 days), home health care and hospice care. Part A is supported by the social security payroll tax.</p> <p>Part B (medical insurance) helps pay for physicians' services, outpatient hospital services, home health services, as well as a number of other services and items. Part B is maintained by monthly premiums paid by Medicare enrollees and general revenues. Medicare is authorized through Title XVIII of the Social Security Act.</p>
Mental Health Provider	A psychiatrist, licensed consulting psychologist, social worker or hospital or other facility duly licensed and qualified to provide mental health services under the law or jurisdiction which treatment is received.
Outpatient	A person who receives health care services without being admitted into a hospital.

Partial Hospitalization Services

A mental health or substance abuse program operated by a hospital that provides clinical services as an alternative - or follow-up to inpatient hospital care.

Primary Coverage

The coverage plan, under coordination of benefit rules, that considers and pays its eligible expenses without consideration of any other coverage.

Principal Diagnosis

The condition determined by the clinician to be the major reason for medical treatment.

Regional Behavioral Health Authorities

Organizations that manage a network of publicly funded behavioral health services for citizens in their regions. Funding from state and federal sources enable services to be provided free or for prices which are affordable. Arizona has five Regional Behavioral Health Authorities: ValueOptions, Community Partnership of Southern Arizona (CPSA), Northern Arizona Regional Behavioral Health Authority (NARBHA), Pinal/Gila Behavioral Health Association (PGBHA) and The EXCEL Group.

Referral

The recommendation by a physician and/or health plan for a covered person to receive care from a different physician or facility.

Secondary Insurance

The plan that has responsibility for payment of any eligible charges not covered by the primary coverage.

Substance Abuse

The taking of alcohol or other drugs at dosages that place a person's social, economical, psychological and physical welfare in potential hazard, or endanger public health, morals, safety or welfare or a combination thereof. Also called *chemical dependency*.

Therapy

The treatment of any physical or mental disorder by psychotherapy or by medical or physical means, usually excluding surgery.

Treatment Facility

A residential or non-residential facility or program licensed, certified or otherwise authorized to provide treatment of substance abuse or mental illness pursuant to the law or jurisdiction in which the treatment is received.

Arizona Law on Mental Health Powers of Attorney and Mental Health Guardianship

You may believe after you've read the title to this article that the topic is not one of concern to you because your loved one suffers from Alzheimer's disease or another related dementia. However, sometimes mental health services are required for someone with dementia who is exhibiting difficult behaviors. In extreme cases, psychiatric hospitalization may be required to find appropriate medications and behavioral techniques to stabilize the behaviors.

Under current Arizona law, though, it can be very difficult for family members to legally admit their loved ones into a psychiatric hospital. A law enacted in 1999 makes it clear that, except in limited circumstances, a family member cannot authorize inpatient psychiatric hospitalization for an incapacitated individual who cannot file informed consent to treatment. The family member must be either appointed by the court as a mental health guardian or appointed as an agent to make mental health treatment decisions under a mental health power of attorney signed by the patient at a time when he/she had the capacity to sign the document.

Some family members and health care providers felt that this law made it too difficult for family members to get their loved ones into a hospital. After one family member had to go through expensive guardianship proceedings to admit her husband into a psychiatric hospital, she complained to the legislature. Through her advocacy effort, the law has not been changed to make it somewhat easier for a psychiatric hospital admission of an incapacitated person. Under new law, effective July 18th, 2000, a person can include a provision in his or her regular health care power of attorney that authorizes the appointed agent to admit the person into a psychiatric hospital. This authority must, however, be separately initialed within the document. Doing a separate mental health care power of attorney is no longer required, although this document still continues to be available as an alternative under the new law.

For those persons who do not plan ahead, the legislators have now made it easier for family members to admit their loved ones to a psychiatric hospital when there is no power of attorney authorizing inpatient psychiatric hospitalization in an emergency. A patient may be admitted in such an emergency for inpatient psychiatric treatment by the informed consent of an agent appointed under a regular health care power of attorney even if there is no authority for inpatient admission, or by a "surrogate" designated by statute. The order of surrogate priority by statute is the patient's spouse, an adult child of the patient, a parent of the patient, the patient's domestic partner, a brother or sister of the patient, a close friend of the patient, or the patient's attending physician.

However, a petition for guardianship with mental health powers or a petition for court ordered evaluation at the Maricopa County Psychiatric Annex must be filed within 48 hours of the emergency admission. If this is not done and the patient is not able to give informed consent to treatment, then the patient must be released unless the facility is otherwise prohibited from discharging the patient under federal law. Under federal law, the patient must be stabilized before he can be discharged. It is important that if your loved one is suffering from Alzheimer's disease or some other dementia, that you plan in advance to ensure that an expensive and stressful guardianship proceeding does not become necessary in the future.

A simple, inexpensive mental health care power of attorney or health care power of attorney authorizing the agent to consent to inpatient psychiatric treatment can be prepared and signed in advance. Do not assume that psychiatric hospitalization will never be required; you will be very glad you have the appropriate power of attorney if the need for such hospitalization ever arises.

